FHJHS PHYSICAL EDUCATION RULES/POLICIES

Physical Education is a structured class with a variety of activities and units that allows for physical, emotional, psychological, and social skills to develop simultaneously. The main goal for the course is to develop students’ knowledge of the importance of a physically active lifestyle through the use of various activities.

DRESSING PROCEDURE

* Students need to be in the locker room by the 2nd bell.
* If you are not in your spot when roll is taken you will be counted as tardy. 3 tardies will result in a detention.
* Do not touch PE equipment until given permission. Please stay off the bleachers.
* Either stay in the locker room or go back to the gym after you change back into your school clothes. You are not allowed to go to your hall locker before the bell rings.

PE DRESS CODE

* All students in PE are required to wear the PE uniform that was purchased from the school at the beginning of the school year. Any other type of athletic-wear is NOT acceptable. **THE UNIFORM MAY NOT BE CUT OFF OR ALTERED IN ANY WAY. ALL SLEEVES AND SEAMS MUST REMAIN IN TACT.** The uniform may be used year after year as long as it is not torn or altered. Students will not be required to purchase a new on each year. Uniforms are available for purchase all year. A complete set costs $15.00. Single items will be sold for $8.00 each.
* **STUDENTS ARE NOT ALLOWED TO WEAR JACKETS, HOODIES, OR SWEATPANTS DURING P.E. CLASS.**

Proper footwear will also be required. Students must wear athletic type shoes that have non-marking soles. **ABSOLUTELY NO FLIP-FLOPS, HIKING BOOTS OR COWBOY BOOTS WILL BE ALLOWED. POINTS WILL BE DEDUCTED FROM THE DAILY GRADE FOR IMPROPER FOOTWEAR.** The teacher reserves the right to determine proper footwear.

GENERAL POLICIES

* Each student is required to participate in the activity assigned for the day. A doctor’s note is required in order to be excused from an activity for health reasons. Parent notes may excuse you from activities but you will be docked points for the day.
* All students are required to dress for PE. The penalties for not dressing are as follows:

2nd No Dress= Written Warning/ Email Sent To Parent/Guardian

3rd No Dress= 1 25-minute Detention

4th Time and Beyond= 1 45-minute Detention

**\*\*\*\*YOU WILL BE WRITTEN UP FOR EVERY NO DRESS AFTER THE 3rd\*\*\*\***

**\*\*\*\*No dress days start over every quarter\*\*\*\***

All school rules apply no matter the location of the PE activity. Do not leave the gym or activity for any reason without permission from the teacher.

* If you get hurt during class be sure to tell your teacher. We must fill out accident reports for insurance purposes.
* Please use the combination locks that are provided for your PE locker. It is your responsibility to protect your personal belongings. Nothing can be done about items left lying on the benches or floor or in unlocked lockers. Do not give your combination to anyone, not even your “friends.” Teachers will have your combination on record in case you forget. If you lose your PE lock the fee is $5.00 to replace it.
* Always use school-appropriate behavior and good sportsmanship. Keep your hands to yourself.

GRADING

* Dress and participation points are given each day. Students must be present, dressed, and participating in order to earn full points for the day. PARTICIPATION POINTS ARE BASED ON STUDENT EFFORT, SPORTSMANSHIP, ATTITUDE, AND COOPERATION.
* Unexcused absences will count as a zero for the daily grade.
* There may be short tests and possible skill tests given at the end of PE units. Tests will cover skills, rules, history, and other information given in class and on the study guide.
* Grades are figured on a point system and the grading scale is set by the school district. This can be found in the agenda book.

**PLEASE SIGN AND RETURN TO YOUR PE TEACHER**

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Student Signature Date Class Period

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Parent/Guardian Signature

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Parent/Guardian E-mail Address Phone Number